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CARDEL HOMES
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Movember madness

You want to show your support for the hairiest month — but you're a woman. Never fear. Mo Sistas can also play a crucial role during the campaign PAGE 17

4SCR&7YRSAGO

IF ABE LINCOLN COULD TEXT, WHAT WOULD HE WRITE? ONLY DANIEL DAY-LEWIS AND SALLY FIELD KNOW THE ANSWER PAGE 13

CALGARY metro®
Monday, November 5, 2012
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Alta. MP's bill targets access to CBC info

Ending an exemption. Private member's bill would open up CBC to more requests

An Edmonton MP is aiming to open up the CBC to more access-to-information requests in a new private member's bill.

Edmonton–St. Albert MP Brent Rathgeber couldn't disclose all of the details of his bill Sunday because it won't go to the House of Commons until Monday afternoon.

But he did say he is trying to correct a problem with how the CBC has used an exemption for journalistic and creative activities in dealing with access-to-information requests.

"The act as currently written allows the CBC to take sort of a blanket exemption approach."

Rathgeber said there should be some sort of test to see if it would really hurt the broadcaster to release the information. He said courts and the information commissioner have recognized the problem and he just wants to fix it.

"This is a problem here. This is not some vendetta or spite I have against the CBC, this is not what this is about at all."

NDP MP Charlie Angus hadn't seen the bill, but he said it meant very little in terms of improving access to government information.

"It's like they are clanging paper swords going after Conservative phantoms," he said.

Angus said there are much bigger issues with access to information than the CBC.

"If he wanted to do something useful, there is a lot better ways to do it. This is just feeding the base."

CBC spokesperson Angus McKinnon said the broadcaster would wait to see the bill before commenting on it.

RYAN TUMILTY/METRO IN EDMONTON

Dollars for naming rights

A CBE trustee is calling for corporate sponsorship in schools to be put to a public survey PAGE 3

Harper hungry for the heat

PM proclaims his love of spicy food as he begins a six-day visit to India to talk trade and investment PAGE 7

Pay phones popular in N.Y.

Archaic fixtures a reliable resource in aftermath of superstorm, but they're in danger north of the border PAGE 11

THIS MUCH LEFT

U.S. President Barack Obama speaks at a campaign event Sunday in Concord, N.H., as voters in the United States prepare to go to the polls on Tuesday. For more U.S. election coverage, see page 6. CAROLYN KASTER/THE ASSOCIATED PRESS

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Nabbed

Man in custody after Best Buy robbed

A man who allegedly robbed the new Best Buy store on 17th Avenue on Saturday is under arrest.

"The guy goes in, indicates he has a gun and basically robs the clerk of some iPads and Macbook laptops," Insp. Steve Lorne said.

The robbery happened at about 8:30 p.m., and police tracked a suspect to a home in the Rundle area.

"So our units went up there and, sure enough, they got the individual coming out of a residence," Lorne said.

The stolen items were recovered and charges are pending.

ROBSON FLETCHER/METRO

Police chase

Zellers worker foils thief

Trying to prevent an alleged shoplifting, a Calgary Zellers employee was taken on a wild ride on Sunday.

Insp. Paul Stacey said it's believed the employee chased a thief from the Zellers at Sunridge Mall and climbed into a vehicle with him. The suspect then allegedly brandished a knife but the employee managed to take it from him. "That's when he hit the gas," Stacey said.

The suspect — with the Zellers worker in the car — headed the wrong way down 36th Street N.E., running into several cars, until police finally pulled him over. A 32-year-old man faces numerous charges. The Zellers employee was uninjured.

JEREMY NOLAIS/METRO

This home in the Temple community suffered severe fire damage last year that was sparked by an illegal bypass device being used as part of a marijuana grow operation. The province is exploring ways to root out these operations and provide incentives for repairing homes. METRO FILE

Minister eyes incentives for fighting grow-ops

Consultation. Province to include community in discussions to nip marijuana operations in the bud

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Providing incentives for rehabilitating marijuana grow operations could help reduce their harmful impact on Alberta communities, says the province's senior crime-fighting politician.

Jonathan Denis, the solicitor general and justice minister, is finalizing plans for public consultations after hearing repeatedly from Alberta police that the sheer number of grow-ops in the province is on the rise and posing a bigger threat to public safety.

"The problem is getting worse, not better," Denis said. "To tackle a problem like this, we can't just simply go and slam new legislation down."

The province plans to roll out its initiative in December, with Denis relying on fellow Calgary MLA Rick Fraser to co-ordinate the project.

Denis said he expects new legislative recommendations to come from the project, including private-sector incentives for those willing to tackle housing projects with electrical and mould problems associated with grow-ops.

Data provided by the Alberta Law Enforcement Response Teams does not show an upward trend in the number of grow-ops busted in Alberta. In fact, 2011 marked a five-year low.

But ALERT acting staff Sgt. Paul Wozney said that seeming decline may come down to resources.

"We only have so many police officers that we can assign to this issue … we obviously have a responsibility to address other issues in the community," he said, before adding that he agrees a community-wide approach is needed to combat drug growers.

By the numbers

Number of grow-ops uncovered by Alberta police over the past five years:

- **2007:** 145 (57,476 plants)
- **2008:** 141 (64,344 plants)
- **2009:** 174 (87, 685 plants)
- **2010:** 175 (96,075 plants)
- **2011:** 123 (66,467 plants)

Source: Alberta Law Enforcement Response Teams

Put school sponsorships to public survey: Trustee

Public school trustees will be asked by one of their own to green-light a community survey before moving ahead with plans to allow corporate sponsorship in schools.

Calgary Board of Education trustee Sheila Taylor plans to distribute a report calling for such a measure during a board meeting on Tuesday. But administrators have already amended two board regulations to make way for corporate naming of school facilities and classrooms.

"It is about figuring out where to draw the line," Taylor said. "We need to listen to the public to find out what kind of businesses they think are acceptable … whether or not, say, we want junk-food companies to be able to display their names in our schools."

Urging caution

- Karen Hope of Calgary firm The Marketing Edge says companies pitching products to children have long sought a route into schools.
- She says with each potential partner, the CBE will need to weigh whether "the company is actually helping to build something positive or simply trying to gain exposure to children."

Board member Joy Bowen-Eyre said she, too, wants to hear from the public, but needs more information on the regulation changes first.

Calgary Board of Education trustee Sheila Taylor says she has fielded many questions about opening city schools to corporations. METRO FILE

"To jump into a survey, I don't necessarily think is the best idea," she added.

A top CBE administrator said last month that corporate sponsorship will be key to funding a broad career and technology strategy, which provides students with hands-on learning in key job sectors but costs a great deal more than traditional classroom models.

Education Minister Jeff Johnson has said corporate sponsorship could have merit. But NDP critic David Eggen attempted to put forward an amendment to the Education Act last week opposing such moves. Eggen's motion was defeated.

Bowen-Eyre said she's confident CBE executives will handle each sponsorship proposal carefully, adding she can think of many schools in her area that would benefit from additional funding.

"I think we need to open our eyes, think outside the box and work in partnership with our schools and our community," she said.

JEREMY NOLAIS/METRO

‘Huge concerns’ as more funding sought for centre

City council has “huge concerns” about an additional $2.3-million request to replace the collapsed portion of the Subway Soccer Centre, says the alderman whose ward includes the facility.

Ward 9 representative Gian-Carlo Carra said the centre’s original bubble dome became a “bit of a nightmare” when it collapsed for a second time just one month after he came into office.

At that point, plans were scrapped to re-inflate the facility, which housed three indoor soccer fields. City officials instead opted for a steel-fieldhouse structure that was initially pegged at $6.1 million to construct.

But a presentation at city hall Monday will request more money, bringing the total bill for the project to $10.5 million. Carra said he and fellow council colleagues won’t be simply rubber-stamping the request.

The former site of the bubble dome at the Subway Soccer Centre. METRO FILE

“It’s taken a really long time to get it (construction) done and we’re facing spiralling costs,” Carra said. “So, I think this is something council is looking at really closely.”

The cost overruns were largely attributed to underestimated costs as well as irrigation and utility issues by a city project manager last month.

Perry Logan, general manager of the centre, originally expressed hope to have a replacement facility in place by early 2011; however, construction on the project has still not begun.

JEREMY NOLAIS/METRO

Increased demand

Student leaders to push for mental health funding

More resources are needed on Alberta post-secondary campuses to help cope with mental-health issues, according to student leaders in the province.

The Alberta Students’ Executive Council held a conference at SAIT over the weekend to discuss numerous issues.

Julia Broome, vice-president external for the Students’ Association of Mount Royal University, said there is a full-time doctor and a certified psychologist working on her campus already; however, further assistance may be required going forward.

“It’s not that they don’t have the services there, it’s just that we are seeing an increase in demand for the service,” she said.

The student leaders plan to advocate for Alberta’s own version of the Mental Health Innovation Fund established in Ontario, which sees money devoted specifically to addressing mental-health service gaps and raising awareness on campuses.

JEREMY NOLAIS/METRO

Impaired driving

Driver ‘lucky’ to avoid serious injury: Police

A 63-year-old man who was charged with impaired driving after crashing his SUV was lucky to have not sustained more serious injuries, according to police.

Insp. Steve Lorne said the crash happened Sunday night on Old Banff Coach Road near 101 Street S.W. when the man lost control of his Kia Sportage. “It rolled. It hit a pole. They extricated him and, luckily, he’s not too severely injured,” Lorne said. METRO

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The aftermath of a two-alarm fire, inset, that destroyed a duplex in Parkdale. ROBSON FLETCHER/METRO; INSET: IMGUR

Two-alarm blaze destroys Parkdale home

Duplex. Onlookers amazed more homes being constructed were not destroyed

ROBSON FLETCHER
robson.fletcher@metronews.ca

Witnesses of a massive fire that destroyed a duplex under construction in Parkdale say they were amazed the towering flames didn’t consume adjacent homes.

“It definitely looked like the second house down was going to start; for a while the roof was on fire,” Doug Meldrum said.

The house to the south of the main fire, also under construction, suffered serious roof damage but remained mostly intact.

Damage to a partially built house to the north, meanwhile, appeared limited to charring on exposed exterior walls facing the fire.

Acting battalion Chief Steve Wilson said it was “amazing” the house to the north didn’t burn.

Firefighters quickly called a second alarm and started relaying water from hydrants blocks away after being called to the house in the 900 block of 35th Street N.W. at 10:20 p.m. on Saturday and finding it engulfed in flames.

A woman who lives roughly 300 metres away on 33A Street said she initially believed the blaze to be much closer than it actually was.

“The flames were super high,” she said. “It was amazing. I thought it was the next block from my house.”

Fire investigators are looking into the cause of the blaze.

Water lines

- Water was relayed from hydrants in other blocks because those in the immediate area didn’t provide as much flow as firefighters needed.
- Water lines in some “dead-end” areas, such as the one in the area of Saturday’s fire, “taper down” and don’t provide as much flow as in other areas, said acting battalion Chief Steve Wilson.

311. More Calgarians choosing to access information service through web

More and more Calgarians are turning to the web to access 311 services rather than dialing the digits on their phones, according to city data.

Citizen services manager Terry Pearce told Metro that of 391,529 service requests so far this year, 38,703 of them were generated via the web.

That puts the web’s share at 9.9 per cent, up from 8.1 per cent last year.

In 2011, 37,625 of 465,646 service requests came through the web, according to Pearce.

There are now more than 100 types of service requests accessible online, Pearce said, up from 74 in January.

On Monday, city council will receive a progress update on 311 improvements requested earlier this year by Ald. Peter Demong.

“A lot of it has to do with the frustration level of the constituents,” Demong said of his decision to bring forward a motion this summer that led to the creation of the “311 Guiding Coalition.”

That coalition has only met twice to date, but Demong said he has been pleased with its work so far.

ROBSON FLETCHER/METRO

Ald. Peter Demong wants the city’s 311 service streamlined. METRO FILE

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- 9774–170th St
- 10603–107th Ave
- 17551–100th Ave
- 14822 Stony Plain Rd
- 18559 Stony Plain Rd
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- Bonnie Doon
- Capilano Mall
- Edmonton City Centre
- Kingsway Mall
- Kingsway Mall – Kiosk
- Londonderry Mall
- Mill Woods Town Centre
- Northgate Centre
- Northgate Centre – Kiosk
- Oliver Square
- Sherwood Park Mall
- South Edmonton Common
- South Park Centre
- Southgate Mall – Kiosk
- St Albert Trail at 137 Ave
- West Edmonton Mall
- West Edmonton Mall – Kiosk
- Westmount Centre

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- 19 Riedel St
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GRANDE PRAIRIE
- Prairie Mall

LETHBRIDGE
- Centre Village Mall – Kiosk
- Lethbridge SmartCentres
- Park Place

LLOYDMINSTER
- Lloyd Mall

MEDICINE HAT
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- Medicine Hat Mall

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Aftermath. Sandy victims pray for relief, electricity

Storm victims went to church Sunday to pray for relief and give thanks for their deliverance as cold weather settling in across the New York metropolitan area compounded the misery for people already struggling with severe gasoline shortages and power outages.

Hundreds of parishioners in parkas, scarves and boots packed the pews and stood in the aisles for Mass at a chilly Church of St. Rose in flood-ravaged Belmar, N.J. Firefighters and police officers sat in the front rows and drew applause.

With about 700,000 homes and businesses in New York City, its northern suburbs and Long Island still without electricity six days after the storm, New York Gov. Andrew Cuomo warned that many homes are becoming uninhabitable and that tens of thousands of people are going to need other places to stay.

More than 900,000 homes and businesses in New Jersey were still without electricity.

Damage has been estimated at $50 billion US, making Sandy the second-most expensive storm in U.S. history, behind Hurricane Katrina in 2005. THE ASSOCIATED PRESS

Having faith

"There's more happiness in life than there is the opposite. And it will be back."

Roman Catholic Bishop David O'Connell

Felice Vazquez, 40, of Hoboken, N.J., greets a neighbour Sunday as she works at a table providing hot drinks and snacks, while the buildings around them remain without power due to damage caused by Superstorm Sandy.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Pittsburgh zoo

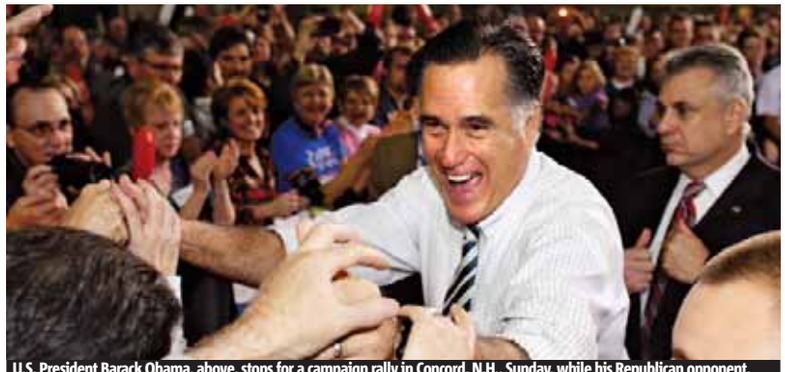
Young boy mauled by wild dogs at zoo

A young boy visiting the Pittsburgh zoo with his mother and friends was killed Sunday when he fell about 14 feet off a deck into an exhibit that's home to a pack of African painted dogs, who pounced on the boy and mauled him, zoo officials said. It's not clear whether he died from the fall or the attack, said Tracy Gray of the Pittsburgh Zoo & PPG Aquarium.

When the boy fell, other visitors immediately told staff members, who responded along with Pittsburgh police. Zookeepers called off the dogs and seven of them immediately went to a back building. Three more eventually were drawn away from the boy, but the last dog wouldn't come into the building, and police had to shoot him, officials said. THE ASSOCIATED PRESS

Obama and Romney blitz swing states

Final push. Obama leading by a slight margin in key states as more than 27 million Americans vote in advance of Tuesday's election



U.S. President Barack Obama, above, stops for a campaign rally in Concord, N.H., Sunday, while his Republican opponent, Mitt Romney, greets supporters as he campaigns in Des Moines, Iowa, before Tuesday's election.

ABOVE: CHIP SOMODEVILLA/GETTY IMAGES, BELOW: CHARLES DHARAPAK/THE ASSOCIATED PRESS

U.S. President Barack Obama and Republican rival Mitt Romney engaged in a frenzied cross-country blitz of the remaining toss-up states Sunday, with both sides predicting victory in a race that remains too close to call just two days before Election Day.

National opinion polls showed a race for the popular vote in Tuesday's election to be so close that only a statistically insignificant point or two separated the two rivals.

But the majority of polls in the battleground states — especially in the Midwestern states of Iowa, Wisconsin and Ohio — showed Obama with a slight advantage, giving him an easier path to the 270 electoral votes needed for victory. No Republican has won the White House without carrying Ohio.

Making his closing case to voters Sunday in Des Moines, Iowa, Romney pledged, if elected, to work with Democrats to restore the American dream and bring the economy roaring back to life.

"We're Americans. We can do anything," Romney said. "The only thing that stands between us and some of the best years we can imagine is a lack of leadership — and that's why we have elections."

Obama, too, said he is willing to work across party lines to break Washington's gridlock, but assured some 14,000 supporters who gathered in Concord, N.H., that he would not compromise key Democratic priorities such as health care and college financial aid.

"I know I look a little bit older, but I've got a lot of fight left in me," Obama said. "We have come too far to turn back now. We have come too far to let our hearts grow faint. It's time to keep pushing forward." THE ASSOCIATED PRESS

Battleground states

Under the U.S. system, the winner is not determined by the nationwide popular vote, but by state-by-state contests, making "battleground" states extremely important in such a tight race.

- **Deja vu?** That raises the possibility of a replay of the 2000 election when Republican George W. Bush won the presidency with an electoral vote majority, while Democrat Al Gore had a narrow lead in the nationwide popular vote. Obama's campaign said it registered 1.8 million voters in key battleground states.

From Trump to Sandy, never a dull moment in 2012 campaign

The 2012 presidential campaign was indisputably the most expensive in American history. Some also maintain it was the nastiest. It was also one of the weirdest.

The nail-biting drama that was the race for the White House featured some unexpected supporting characters. These were some of them:

Superstorm Sandy as cupid: Chris Christie, the Republican governor of New Jersey, was among Obama's harshest critics for months, serving as one of Romney's top attack dogs. That was all before Sandy decimated his beloved Jersey shore.

Christie has had nothing but effusive praise for Obama since the ferocious megastorm lurched through the mid-Atlantic region, saying the president's handling of the federal response has been "outstanding."

Clint Eastwood as angry old uncle at Thanksgiving dinner: The iconic Hollywood actor took to the stage at the Republican convention in August. Backstage, Romney reportedly laughed throughout Eastwood's rambling, disjointed rant to an empty chair that was supposed to be Obama, even as the actor threw the prime-time convention off-schedule and became the subject of gleeful social-media ridicule.

Joe Biden as avenger: Seemingly mindful of the drubbing his boss was taking in the aftermath of the first debate, Biden showed up for his own showdown against Paul Ryan, Romney's running mate, with guns blazing. He sneered, he snickered, he sighed.

Donald Trump as constant source of embarrassment: Biden's debate performance had nothing on Trump's bids for media attention throughout the campaign. He proposed a challenge to Obama to release his academic records and passport applications in exchange for Trump donating $5 million to the charity of the president's choice. For his troubles, Trump was publicly chastised for making a fool out of himself. THE CANADIAN PRESS

Harper arrives in India to kick off six-day trip

Trade and investment focus. Currently trade sits at a modest $5.2 billion annually, and both countries hope to triple that by 2015

Prime Minister Harper and wife Laureen arrive in Agra, India, Sunday. THE CANADIAN PRESS

Hours before Stephen Harper's plane set down in India, he was already signalling his embrace of one of the world's most formidable economies — with a bite of a samosa.

On the way to Agra, where he eventually arrived on Sunday evening, Harper tucked into a platter of the savoury Indian pastry with three of his Indo-Canadian MPs.

"I'm a spicy food eater," Harper conceded to reporters who had been invited to his private cabin on the government plane.

"I like everything, I love Indian food, I don't eat it that often, but I love Indian food."

Harper's unusually long six-day trip to India will be heavily focused on encouraging trade and investment, but will also touch on the personal ties between the two countries. Several reporters from Indo-Canadian media outlets have come along for Harper's trip. He is set to visit Chandigarh in the Punjab region, from where so many Canadians hail. The first stop on Monday will be the Taj Mahal, the elaborate marble tomb built in the 17th century.

Later, Harper is to participate in a business forum in the capital, New Delhi. Trade between Canada and India sits at a modest $5.2 billion annually, but the countries would like to see at $15 billion by 2015. THE CANADIAN PRESS

47 couples tie knot in mass marriage

An Indian Muslim bride looks aside during a mass marriage for 47 couples in Ahmadabad, India, on Sunday. Mass marriages are organized by social groups primarily to help families who cannot afford the high ceremony costs, as well as the elaborate dowry that is often customary. AJIT SOLANKI/THE ASSOCIATED PRESS

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Ottawa student escapes bomb blast in Syria

Photos. University student documents harrowing experiences in war-torn country

JOE LOFARO
Metro in Ottawa

Yaman Marwah holds his camera as he speaks with a member of the Free Syrian Army on Oct. 26 as they head to Taftanaz, Syria. COURTESY OF FARIS AL SHAWAF

In the span of 10 days, Carleton University student Yaman Marwah went from sipping a coffee from a Second Cup in downtown Ottawa to escaping a barrage of deadly bomb blasts in Binnish, Syria.

The 18-year-old law and economics student met with Metro on Oct. 23, the day before his trip to his home country with his friend Faris Al Shawaf, and said he wanted to document his humanitarian aid efforts with his camera on the front lines and show the footage to the outside world.

"There's a lot of people who don't believe what's happening," said Marwah at the time, alluding to conflicting reports from Syrian media and other news sources. "I have 5,000 (friends) on Facebook. Once I publish things from my own camera, my own lens, those 5,000 people will believe that this is actually happening in Syria."

"So once you hear it from a person you know personally, that's totally different."

Since arriving in Syria on Oct. 26, Marwah has been sharing photos on Facebook.

The most arresting photo is the one he took after what happened to him on Saturday morning. In a Skype interview with Metro from Antakia, Turkey, Marwah explained how it will be a day he will never forget.

He said he was sitting in an Internet café looking at his photographs on a computer when he heard the roar of a plane nearby.

"When we went to the door toward the noise of the bombs, we were automatically — just by the force of the bomb — we were thrown away at least a metre back," said Marwah.

He suffered a minor leg injury. from the nearby blast.

Online

Go to metronews.ca to see Marwah's photos.

New Coptic pope in Egypt

Acting Coptic Pope Pachomios displays the name of 60-year-old Bishop Tawadros, soon to be Pope Tawadros II, during the papal election ceremony at the Coptic Cathedral in Cairo on Sunday.

NASSER NASSER/THE ASSOCIATED PRESS

Japan

Anti-U.S. military sentiment rises

Thousands of people have rallied against American deployment of Osprey military aircraft on a southern Japanese island amid escalating anti-U.S. military sentiment following recent crimes.

Protesters gathered Sunday at a Tokyo park demanding removal of 12 MV-22 Osprey hybrid aircraft from Okinawa. Ospreys were deployed in October despite local opposition over safety concerns following two crashes elsewhere.

They chanted, "Ospreys out! Marine Corps out!"

Anger is running high days after a U.S. airman allegedly assaulted a teenage boy on Okinawa, just two weeks after a curfew was imposed on all 52,000 U.S. troops in Japan after the arrest of two Navy sailors in the alleged rape of a local woman.

More than half of the American troops in Japan are on Okinawa. The recent incidents have inflamed tension and distrust.

THE ASSOCIATED PRESS

Oil

Iran sets up new naval base

Iran's powerful Revolutionary Guards inaugurated a new naval base on Sunday to reinforce Tehran's authority over three Persian Gulf islands also claimed by the neighbouring United Arab Emirates, Iranian state TV reported.

The base near the Iranian mainland's southern port of Bandar Lengeh, some 1,100 kilometres south of Tehran, is the Guards' fifth in the Gulf. The Guards' navy chief Gen. Ali Fadavi said missile and marine units have been deployed there.

It lies north of the Iranian-controlled islands of Abu Musa, Greater Tunb and Lesser Tunb that dominate the approach to the strategic Strait of Hormuz, a key waterway through which about one-fifth of the world's oil supply passes.

The Revolutionary Guard and the U.S. Navy both patrol the narrow waterway, which Iran had threatened to choke off in retaliation for tougher Western sanctions over its suspect nuclear program.

Iran took control of the Persian Gulf islands in 1971, after British forces left the region. Since 1992, the UAE has repeatedly claimed the islands.

THE ASSOCIATED PRESS

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Weighing in. NDP, Mulcair hopeful for Obama victory Tuesday

As the NDP tried to lay the groundwork in Quebec over the weekend for a federal election victory in 2015, some of the scuttlebutt was on another political event closer on the horizon.

Opinion polls show a tight race between President Barack Obama and Republican rival Mitt Romney leading up to Tuesday's U.S. presidential election.

The favourite at a meeting of New Democrats in Montreal was more clear.

Several New Democrat MPs strongly hinted their allegiance was, not surprisingly, with the president. Some of the party's grassroots have even headed south of the border to work on his campaign.

NDP Leader Tom Mulcair said he hopes to work with a president who shares his party's values, particularly in terms of sustainable development.

THE CANADIAN PRESS

Bountiful. School in B.C. polygamous community abruptly closed in Sept.

A school in Bountiful, B.C., with links to jailed polygamist leader Warren Jeffs has abruptly closed its doors, with most of its students now relying on home-schooling in a community that has long been accused of using classrooms to indoctrinate children rather than educate them.

Bountiful Elementary-Secondary School shut down without explanation in September, the province's Education Ministry confirms, and nearly all of its former students are being home-schooled. The school, which received provincial funding for some grade levels, had an enrollment of 265 students last year.

Bountiful is a small commune of about 1,000 people in southwestern B.C., not far from the U.S. border. Residents follow a fundamentalist form of Mormonism, which, unlike the mainstream Mormon church, condones polygamy as a tenet of the faith.

THE CANADIAN PRESS

Endangered pay phones prove their worth in emergencies

Telecom. While Sandy shows how valuable archaic technology can be, up to 25% of booths in parts of Canada are threatened

People wait to use a pay phone on Bright Beach Avenue on Oct. 31 in the Brooklyn borough of New York, after Superstorm Sandy knocked out cellphone reception. Despite their value during emergencies, pay phones may be cut even further in Ontario and Quebec if the CRTC doesn't approve price increases.
JOHN MINCHILLO/THE ASSOCIATED PRESS

The events of Superstorm Sandy are raising questions about the importance of pay phones in emergencies, even as two of Canada's largest telecom companies say they will tear out some public telephones unless they are allowed to sharply raise prices.

New Yorkers were forced to turn to their neighbourhood's coin-operated phones last week as flood waters knocked out power and cellphone reception in areas ravaged by Sandy, the massive storm that swept across the Eastern Seaboard.

But a push from Bell Canada and Bell Aliant Inc. could make it harder to find those pay phones in Canada during emergencies.

Earlier this year, both companies made applications to the Canadian Radio-television and Telecommunications Commission for rate hikes that could double the price of a pay phone call.

Under the submission, they are asked for the ability to boost the price of a local call to as much as $1 each, compared to the current price of 50 cents.

Then in September the two telecom companies added extra pressure to their request by saying that without a rate increase, they would be forced to get rid of their least profitable pay phones.

That could mean that up to 25 per cent of their pay phones in Ontario and Quebec would disappear if the CRTC doesn't allow them to raise prices.

Several community groups have raised concerns about the impact on Canadians if phones were to further disappear.

"We're asking for a larger reassessment of the role of pay-phones in the communications system by the Commission," said John Lawford of the Public Interest Advocacy Centre, who made a submission to the CRTC earlier this year.

THE CANADIAN PRESS

U.S. election. Politics will dominate markets this week

Stock markets will likely be in for quiet trading at the beginning of this week with traders cautious ahead of the U.S. election on Tuesday that is too close to call.

"It's a huge week on the political scene," said Colin Cieszynski, market analyst at CMC Markets Canada, who observed that China will also be in focus. The Communist Party's 18th Party Congress meeting kicks off on Thursday, which will see the leadership transition of the Party and also the country.

The Toronto markets chalked up a rise of 0.65 per cent last week in the wake of positive Canadian earnings reports. New York markets were slightly lower despite strong U.S. economic data, including consumer confidence at the best level in almost five years, and data showing expansion in the U.S. and Chinese manufacturing sectors.

The week was capped by a stronger than expected U.S. employment report for October as the American economy cranked out 170,000 jobs last month, higher than the 125,000 that had been expected.

The U.S. numbers for August and September were also revised upward to show an additional 84,000 jobs were created, but election jitters kept markets muted.

THE CANADIAN PRESS

Sex-abuse scandal

U.K. may launch public inquiry into BBC conduct

Jimmy Savile appears at a charity run in this October 2006 photo. GETTY IMAGES FILE

Britain's government could order a full public inquiry into the British Broadcasting Corp.'s handling of the Jimmy Savile sex-abuse scandal, the country's top media minister said Sunday.

Culture Secretary Maria Miller told the Sunday Telegraph newspaper that a formal investigation into the broadcaster could be launched, if its own internal inquiries don't establish how the famed TV host's behaviour was allowed to go unchecked for decades. Savile, one of the BBC's best known entertainers, has been accused of sexually abusing hundreds of vulnerable young people. He died last year at the age of 84. THE ASSOCIATED PRESS

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BODYCHECKING DEBATE IS SELF-INDULGENT

URBAN COMPASS
Janice Paskey
calgary@metronews.ca

Doctor's orders?

Don't put your kids in hockey with bodychecking. There are too many serious injuries, according to The Canadian Pediatric Society (CPS) last week.

The medical evidence has been clear for 15 years now. Body checking results in three to four times the injuries for children — broken bones, concussions, spinal injuries.

In Calgary minor hockey, checking or "hitting" begins at 11.

So why does no one listen to the docs? Maybe it's "confirmation bias." That means we only listen to information that confirms what we already believe.

Could it be the absurd dream of the NHL and the money?

Hitting back

Medical researchers spend public grant money studying bodychecking. All arrive at similar conclusions: no upside.

The CPS is calling for bodychecking only for elite males beginning at 13.

They recommend no checking for girls.

Docs, why is it OK for boys to be injured and not girls?

There's public impact here. Most publicly-funded rinks are dominated by minor hockey, with very little time given to public skating.

The taxpayer bears the health costs. I watched a bantam season end with an immobile kid on the ice after a bodycheck. The fire department came, then the ambulance. A visit to the ER.

Medical researchers spend public grant money studying bodychecking. All arrive at similar conclusions: no upside.

Hockey Calgary rightly tried to limit checking last year. But HC refused to let member leagues split their votes "for" or "against." Who voted how was secret.

The injury rates lost out to bellowing about "out of town tournaments."

The hours spent discussing this issue are now painfully self-indulgent.

I'm much more interested in why minor hockey is practically lily white and how the few dark-skinned kids deal with searing racial taunts on the ice.

What happens to head-injured kids?

Every minute we spend talking about bodychecking in hockey simply wastes the time and energy we have to face more pressing issues.

Why does hockey matter? It seems to be a symbol of acceptance in Canadian society, now embedded in our passport.

"I wish I was put into hockey. Hockey is an expensive sport. If you look at first-generation parents, they don't tend to do that ... maybe just the general sense of them not feeling that they are fully part of that community," Sarosh, 25, a former Calgary youth gang member told researcher Hieu Van Ngo.

Yet, we keep talking bodychecking instead of making hockey fun, inclusive and more safe.

We just keep talking.

Disturbance in the Force

Starfighter feeling Disney after all

George Lucas' filmmaking outpost, Skywalker Ranch, is so far removed from the Hollywood moviemaking machine he once despised, that it may as well be on the forest moon of Endor.

Which is why the announcement that Lucas is selling the Star Wars franchise and the entire Lucasfilm business to The Walt Disney Co. for more than $4 billion US is like a laser blast from outer space for Dale Pollock.

Pollock, the author of the 1999 biography Skywalking, said George Lucas disdained the Disney culture in interviews he gave in the 1980s, even though he admired the company's founder. "He felt the corporate 'Disneyization' had destroyed the spirit of Walt," Pollock said.

Lucas said through a spokeswoman on Saturday that he never said such a thing. But his anti-corporate streak is renowned. In the Lucasfilm-sanctioned documentary Empire of Dreams, Lucas says on camera that he is "not happy that corporations have taken over the film industry." THE ASSOCIATED PRESS

This ride will go down in history

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS PHOTOS

Step on the gas!

Pre-1905 cars put on some clicks

Participant Paul Noon drives his 1902 Westfield car in central London, England, during the London to Brighton Veteran Car Run on Sunday.

More than 500 pre-1905 vehicles made their way on the historic 100-kilometre run from Hyde Park in London to coastal Brighton in southern England, in the world's longest-running motoring celebration spanning 116 years.

The run is not a race but an endurance event, and the drivers are not competitors but participants; hence, there is no "first to Brighton" award.

All participants who complete the course receive a finisher's medal and certificate.

THE ASSOCIATED PRESS

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A 1904 Aster car is shadowed by a double-decker bus during the run.

A hearty racket brings in the warm jackets

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

The weather outside might be frightful, but the community of Chestermere is helping everyone bundle up.

In October, the community organized its first winter coat drive, called the Jacket Racket Coat Drive.

"The community's response was outstanding," says Angela Normand, community resources co-ordinator. "Chestermere is known for their desire to care for their community. If there is someone in need, they respond."

Through donation bins at local schools and assisted living facilities and with the support of local churches, organizations and amazing volunteers, the community collected truckloads of winter coats, jackets, hats and scarves of every size, style and colour.

Over the course of three days, clothing was distributed to anyone who needed it. The response from the community was so generous, Normand says that "leftover mitts, hats and scarves will be given to local schools for children who do not have them ... and leftover jackets will be donated to Project Warmth in Calgary."

Talk about warm hands and warm hearts.

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Sally Field stars in Steven Spielberg's new film Lincoln as Mary Todd, the wife of the assassinated president. HANDOUT

What if Lincoln could send a text message?

Lincoln. Sally Field talks about getting to know co-star Daniel Day-Lewis through modern-day means

NED EHRBAR
Metro World News in Hollywood

Sally Field didn't have any rehearsal time for Lincoln, in which she plays Mary Todd Lincoln opposite fellow Oscar-winner Daniel Day-Lewis' Honest Abe. Luckily, the pair had another way to develop the rapport and sense of intimacy necessary to portray the long-married couple: text messaging. In character.

You and Daniel Day-Lewis would text each other, in character, before and during production?
I actually kept all the texts. I printed them up, I will keep them forever. They were breathtakingly wonderful and important to me because he kept doing it throughout the whole filming. He would write me after I'd done big scenes. It meant so much to me, and I will never reveal it. I will never reveal what they are. They are mine, they belong to me — a little like what Mary Todd felt about Mr. Lincoln. She burnt many of his letters. "He belongs to me." And that relationship belongs to me and I will never share it. But I will talk about the texts. It was so wonderful and so funny, a lot of it. And so concise. You know, we were texting, but as precisely Mr. Lincoln and precisely Mary Todd as we could manage. In the middle of last summer, he took to sending me limericks, and I would answer him by being critical. You know, "Is this the way you spend your time?" And criticize his lack of intelligence and his use of language (laughs).

It seems daunting to apply that manner of language to typing with your thumbs on a phone.
Yeah. It was really hard to do. It was helped by the fact that I was in the midst of research myself, so I was reading all these letters that were written of the feeling of the time. The way they used language was incredible. And also [screenwriter] Tony [Kushner]'s words were already being imprinted on my head, so I had some sense of the use of the language, and it was really a challenge much of the time to say what I wanted to say and not lose how it is that it should be said or it would be said at the time.

Have you ever done anything like that with a co-star before?
You know, I have never done a role that's this intense and emotional and connected to one human being and never have any rehearsal. We never had any rehearsal. So many of the scenes that you see between Mary and Mr. Lincoln are literally walk on set and do it. And do very few takes. But we had done so much work, he and I, and I think we both have enough miles in the saddle, and the bubble that was created for us by Steven [Spielberg] and by him to stay immersed in this world, it made it very interesting and very challenging — but in a good way — to work. The difficulty is owning the language. It's so difficult to say.

It must be nice being one of the few people in this film that doesn't have to worry about outlandish facial hair.
No, but I had to worry about other things, like gaining weight.

You look fantastic now.
I haven't eaten since (laughs).

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G

Alberta Innovates Health Solutions Alberta

Another way to Drive

New Album. Alberta outfit's latest offering, Roll, is something that 'had to be done'

Emerson Drive
THE CANADIAN PRESS/HO - KRISTIN BARLOWE

Emerson Drive says it's taking a different direction and pushing the edge with its new album Roll. The five-member band, originally from Grand Prairie, Alta., released its fifth album Oct. 30 and lead singer Brad Mates is curious to see if fans will get on board.

"Knowing that we have a few years under our belt now, the last thing that we wanted was just to go back in the studio and make another album that wasn't, I guess, fine-tuned," Mates said in an interview from Nashville.

"I really feel like this is probably the first album that we've done where I really feel like it's a full, complete Emerson Drive record. It's got different dynamics to it." For starters, the band has written all but one of the 11 songs on Roll themselves. It's the most songs they've penned for an album.

The first single, She's My Kind of Crazy, quickly climbed country music charts. Mates joked that it was inspired by his wife. Mates, along with Emerson Drive guitarist and background vocalist Danick Dupelle, wrote the second single, Let it Roll, with Chris Thorsteinson and Dave Wasyliw of Winnipeg-based Doc Walker.

With lines like "Learning songs in the basement" and "A million miles out the window," Mates says Let it Roll is a reflection of the band's journey through the music business and, literally, life on the road.

Emerson Drive and Doc Walker have frequently gone head-to-head at the Canadian Country Music Association Awards. In 2007 for instance, Doc Walker won album of the year, while Emerson Drive took home trophies for single of the year for Moments and group of the year. But they'll hit the road together for a tour in 2013.

Mates said a collaboration just made sense because they've been friends for 16 years.

"Every time we see the Doc guys, it's a good friendship that's been built over the years," said Mates.

"I think we have a lot in common with how our bands started out, the steps that we took to get to where we're at today and I think there's a lot of respect between all of us."

Mates also said some of the other songs on Roll may be a little bit darker than in the past.

But Emerson Drive didn't want to play it safe and stick to what Mates said people think of as the "parameters" of country music. Roll is Emerson Drive, but with a little rock blended in. "That was the goal to either have people go 'Wow, this is really great and it's different' or people go 'I don't know,'" said Mates. "And a lot of times you either win big or it's just one of those albums that becomes kind of a dark horse in your career, but still has a spot that you look back on that's important.

"I feel like this is a record that had to be made and either way, if it wins or if it is just one of those that kind of stays back in the shadows, I think that again, it had to be done that way." THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DiCaprio casts off another model girlfriend

Leonardo DiCaprio has called it quits with yet another fashion model girlfriend, reportedly breaking up with Erin Heatherton after about 10 months of dating, according to Us Weekly.

"They split a few weeks ago. There's no bad blood, they still care about each other a lot," a source says.

"They're both just really busy. They had crazy schedules."

DiCaprio previously had long-term relationships with models Gisele Bundchen from 2001 to 2005 and Bar Refaeli from 2006 to 2011.

Twitter

@ralphmacchio
Lights just went on at Camp Macchio! Water is running!

@jimmykimmel
The SkyMall catalogue has gotten so commercialized

@prattprattpratt
Haiku of the day: Jack Daniel's Whiskey. Jack. I love you, Jack. I got your back, Mr. Jack. Forever my boy.

@SteveMartinToGo
I stand by my original apology.

Britney Spears.
ALL PHOTOS GETTY IMAGES

Lawsuit against Spears' family thrown out of court

Britney Spears has one less headache to worry about, as a judge has dismissed former manager Sam Lufti's case against the singer and her family, according to Hollyscoop.

Lufti's suit had claimed that Spears' mom defamed him in her book and her dad assaulted him and that Spears herself owed him nearly $1 million in unpaid wages because of a verbal agreement that he would manage her for a four-year period. Lufti is reportedly planning to appeal.

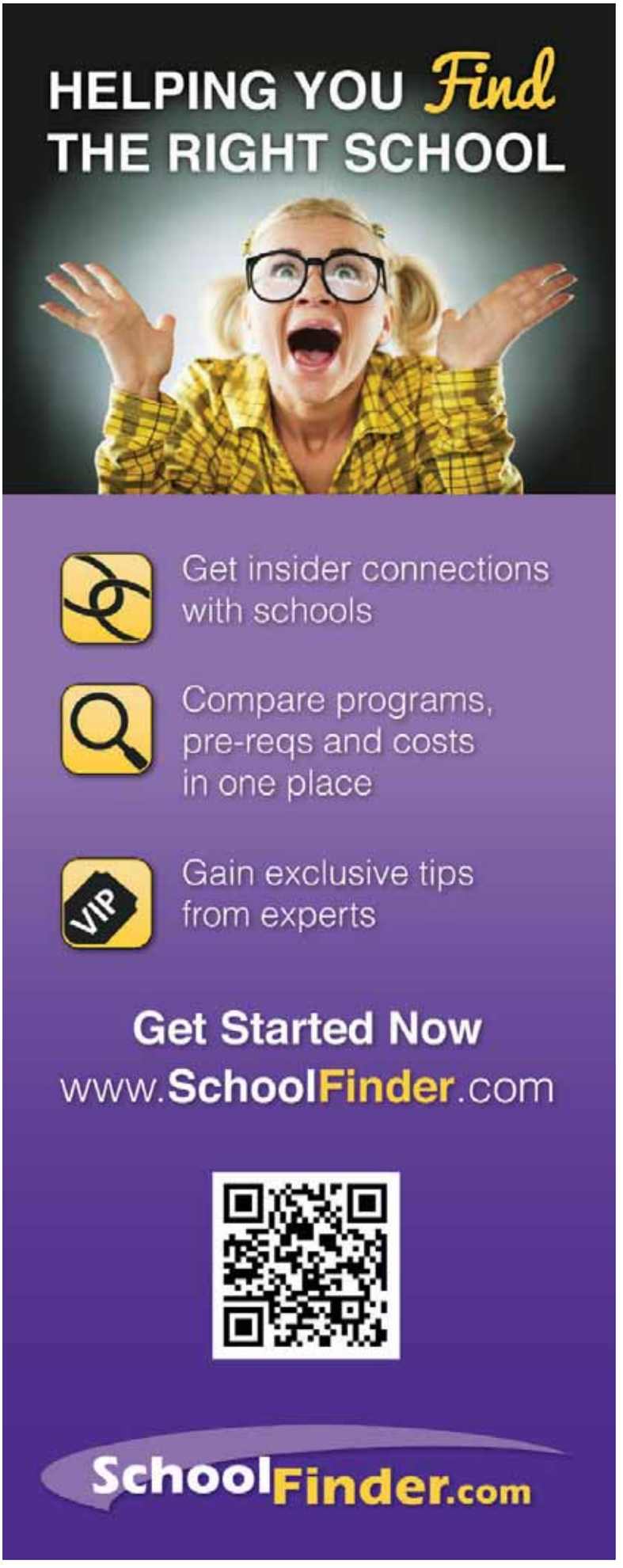
Lady Gaga.

Lady Gaga dismisses critics of her weight

While Lady Gaga has successfully shed the pounds she'd put on recently, she still thinks the attention the weight gain garnered was out of proportion.

"I thought, well I don't really care if they think I'm fat because, quite honestly, I did gain about 30 pounds," Gaga said.

"Adele is bigger than me. How come nobody says anything about it?"



Healing owies

Magic bandage remover

It's funny, isn't it, the crying and anxiety that comes with the simple task of removing a tiny bandage from a child? I have found a solution, though, that might save your sanity — and your child's. Simply dip your finger in baby oil and rub it on top of the bandage. In just seconds, the oil will seep into the bandage and viola: No more stickiness! The bandage just slides off and the skin is left soothed by the oil. **CHARITY GASPER, YUMMYMUMMYCLUB.CA**

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3. Wear a poppy to school.
4. Read the poem In Flanders Field together.
5. Read Winnie-the-Pooh and talk about Winnie's history. (True story: Winnie-the-Pooh was inspired by Winnipeg the Bear — a Canadian born bear adopted by a Canadian solider who became his regiment's mascot.)

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

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Five life lessons I have learned from my toddler

Wee ones. Two-year-olds actually have a lot of wisdom to impart

HAILEY EISEN
yummymummyclub.ca

Toddlers are incredible because, for the most part, they exist in a pure and natural state — untainted by society's expectations, standards and rules. They do what they want, when they want, until someone forces them to stop. They speak their minds and act without inhibition. Adults can learn a lot from them! Here's what mine has taught me.

Be persistent
If you want something badly enough, it's worth going after. Whether this means cajoling, bargaining, pleading or even stomping your feet. Even if someone is standing in the way of making your dream/goal/desire a reality, a healthy dose of conviction is sometimes all you need to break down that barrier. There's no talking my daughter out of something once she's made up her mind.

Be in the moment
If there's anyone who can teach us about mindfulness, it's a toddler. It's amazing to watch a kid play. It's as if nothing around them matters. They aren't worrying about how the week's weather forecast will interfere with their play dates or what to wear to the family dinner party. Kids live in the moment. They don't waste any time worrying about things in the future that they have no control over anyway.

Let your emotions flow
Have you ever watched a two-year-old process emotions? Mine can go from laughing hysterically, to crying, to sulking, to laughing in a matter of minutes. She expresses her emotions as she feels them, so she's never at risk of keeping them pent up. She doesn't know about holding a grudge and the longest she can stay angry with someone is five minutes.

Forget what others think
Do you ever wonder how you'd live your life if no one was watching? That's how my child lives every day. It may sound cliché, but it's totally liberating. I'm taking cues from her and quieting that inner voice that says, "What if they don't like me? What if they think I look fat?" As my daughter practices her plié sauté on a busy sidewalk wearing a tutu and a mismatched hat with chocolate smeared on her cheek, I have to ask myself: who cares? And the answer I'm going for is: not me!

There is a lot adults can learn from toddlers. ISTOCK

Love yourself
My daughter is happiest when positioned in front of the full-length mirror in our front foyer. She'll sing, dance, and have full conversations with herself. She's so happy with her own reflection that she never looks upon herself with criticism. This is what we all felt about ourselves when we were kids, before we started listening to the criticism of others. When was the last time you looked yourself in the mirror and felt nothing but love? When was the last time you celebrated your accomplishments? Take a lesson from this kid and start loving yourself more today!

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Are there real risks to colouring your hair if you're expecting?

KIM FOSTER
yummymummyclub.ca

Is hair dye harmful to your developing baby? There is a lot of rumour, a lot of urban myth and a lot of confusion out there.

First thing to know: There is very limited absorption of the chemicals used in hair dye through your skin. This is true, unless you have burns or open sores on your scalp. Or unless you're eating it.

Motherisk — the gold-standard source for pregnancy-related information — reviewed 25 studies on the subject of hair treatments and pregnancy, and concluded that hair treatments are "unlikely to cause adverse fetal effects."

There are no known or identified risks or birth defects that have been linked to hair chemicals, and "for the average pregnant woman, receiving hair treatments three to four times during pregnancy does not appear to increase risk of adverse effects on the fetus."

There are studies that look at hairdressers themselves: A population that is exposed to hair chemicals on a more or less daily basis.

One such study compared 550 hairdressers to a control group of women never exposed, and they found "no statistically significant differences in fetal loss, preterm birth, small for gestational-age babies, congenital malformations, or achievement of developmental milestones among their children."

Studies show that dying your hair during pregnancy is "unlikely to cause adverse fetal effects." ISTOCK

All of this is extremely reassuring. Years of experience and observation, coupled with the existing research, tells us that there is no cause for concern.

Bottom line: Colouring your hair when you are pregnant is considered safe. Of course the thing about research is that there's always new stuff coming to light. Although this is how things look right now, I cannot promise that we will never find any data that contradicts the basic position that colouring your hair is safe.

So what to do? You have to weigh things for yourself. It's important to feel good about yourself when you're pregnant. Maybe, for you, that means taking particular care of your appearance and colouring your hair. Maybe for you that means not having to worry about a potential, unknown risk. It has to be up to you.

Noticing some mo bros and sistas?

GILBERT NDIKUBWAYEZU
life@metronews.ca

In the next few weeks, you may see many men developing their whiskers in an exceptional way.

It's Movember — a combination of moustache and November — a time when men grow a moustache during the whole month of November.

By doing so, you participate in an awareness campaign against males' most pressing health issues, notably prostate cancer.

The worldwide campaign culminates in a multitude of fundraising parties, with proceedings going to programmes dedicated to fighting against prostate cancer and males' mental health.

Participation in Movember requires a guy to register for the campaign, with a completely shaved face starting on November 1.

The ultimate objective is to instill, throughout the month, discussions in all walks of life about the often ignored issues facing males' health.

Since its inception in 2004, Movember activities have spread around the world. Canada joined the movement in 2007 and this year such activities will be held in 21 countries.

In 2011, as many as 854,000 Canadians participated, raising $125.7 million for the Movember Foundation.

Mo Sistas

So it's Movember, the month to grow moustaches and fight prostate cancer. And you are a female. Doesn't really concern you, does it?

Well, yes actually. There are ways women can also play a role, and a vital one at that, during the Movember campaign.

"Just because you can't grow a moustache doesn't mean you can't have a life-saving conversation, create awareness and contribute to a great cause," said Angela McNally of Toronto, who has been a Mo Sista since 2010 and currently sits on its Toronto committee. "Standing behind this cause shows you are passionate to see a change in men's Health."

Mo Sistas play a crucial role during the campaign by acting as team captains, recruiting others to join, sparking conversations, lending support to Mo Bros who grow moustaches and raising general awareness for the importance of men's health, said Pete Mbombaci, director for Movember Canada.

There we more than 16,000 registered Mo Sistas last year. They have formed regional committees in Toronto, Calgary and Montreal.

GILBERT NDIKUBWAYEZU/FOR METRO

Movember expands scope to include mental health issues

In the spirit of continuing to address crucial issues that affect men's health, Movember has expanded its scope of campaign to include males' mental health.

Mental health problems affect 3.4 million Canadian males each year, said Pete Mbombaci, national director of Movember Canada, as he explained the reasons why the movement decided this year to include mental health in its campaign activities. In other words, one-in-five Canadian men is affected by mental health issues. This trend raises the rate of suicide among men. Despite the lower cases of depression reported, it has emerged that four out five suicides among young Canadian people are committed by men. These alarming numbers are what prompted the Movember foundation to include mental health in its awareness campaign this year, Mbombaci said.

"This is an important step in the evolution of Movember as we're able to continue to address critical men's health issues," he said, adding that the goal is to get people to have discussions about it to reduce stigma and discrimination associated with it.

Movember intends to partner with other existing organizations in the mental health field to form an industry think tank that will possibly convene in January to address key areas where funding is needed. Once decided, mental health organizations across Canada will be able to apply for funding for projects in the given priority areas, Pete added.

Movember campaign funds will also help raise awareness of men's mental health issues. ISTOCK IMAGES

At the Canadian Mental Health Association (CMHA), they've welcomed this Movember initiative, in as far as it will help men take recognition of mental health's severity.

"Many men don't believe they are susceptible to depression for example," said Peter Coleridge, national CEO of CMHA. He said that, just like prostate cancer, men's mental health issues are not spoken about among people, yet this is "the second largest threat to men's health after accidents."

"We encourage all Canadians to maintain and improve their mental health, and seek support and help when needed," he said.

Peter said the Movember campaign will help direct males to resources available to them at CMHA and other health organizations across the country. GILBERT NDIKUBWAYEZU/FOR METRO

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French Toast gets a healthy facelift from multi-grain bread

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Pancake houses serve delicious French toast, cooked in loads of oil and smothered with butter and maple syrup. Delicious, but it's not healthy or low in fat. My version is delicious and healthy. Using the egg substitute lowers fat, calories and cholesterol.

1. Whisk the eggs, milk, cinnamon and vanilla together in a shallow bowl until well blended. Dip a piece of bread into the mixture, making sure both sides are moistened. Do not leave the bread in the mixture for too long or the bread will fall apart. Repeat with another slice of bread.

2. Spray a large non-stick skillet with vegetable oil and place over medium heat. Cook 2 pieces at a time, browning each side, a total of about 5 minutes.

3. Garnish with a sprinkling of icing sugar, a drizzle of maple syrup and sliced strawberries. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1/2 cup egg substitute or 2 large eggs
- 3 egg whites
- 1/3 cup low-fat milk
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 4 slices multi-grain bread
- 3 tbsp pure maple syrup
- 1 tbsp sifted icing sugar
- 1/2 cup sliced strawberries

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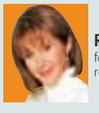

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Have you been dreaming in digital?

Educating the e-world. Graduates in this growing field don't just know their gear, they get the global picture

BRUCE WALSH
life@metronews.ca

Could you turn your fascination with computers into a full-time career? ISTOCK

Cynthia Baron directs the master of professional studies in digital media program at Northeastern University in Boston, Mass. Like most graduate degrees of this kind, the Northeastern program only emerged in the past few years. She sat down with Metro to discuss this budding field of study.

Digital media studies are relatively new to the landscape of graduate degrees. Why have so many schools developed these programs?

I think it's pretty obvious that it's market-driven in the sense that more and more of our lives are touched by digital technology.

There's a big difference between understanding how to use a piece of software and why you would design it that way. And, when you put different processes together, it becomes very complicated.

There wasn't a place to study this in any one academic discipline.

Schools wanted to look at this phenomenon as a whole, instead of trying to do it piecemeal with added classes here and there in other areas of study.

What's the biggest misconception about graduate-level degrees in digital media?

People say, "Why do you need a degree in digital media? Couldn't I just take courses to learn how to use software?" You could, but that doesn't make you a digital media professional. That's like me saying I know how to use Microsoft Word, so that makes me a writer.

Are there fellowship opportunities in this field of study?

Fellowships in these areas are hard to come by. Most programs that do provide fellowships or TA positions offer them to a small number of students.

The vast majority of students in digital media fund their education through student loans.

Careers

Where do I go from here?

Cynthia Baron tells us what jobs digital media students wind up in?

"Interactive design, game design, web design, handheld media products, digital video, photography, 3D animation, web-based journalism. But, often, people come to us from specific fields — programming, engineering, art, design, communications, teaching — and they're looking to go back with a new skill set," she says.

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Calgary Stampeders running back Jon Cornish runs the ball despite the tackle from Edmonton Eskimo JC Sherritt on Friday in Edmonton. IAN JACKSON/THE CANADIAN PRESS

Red-hot Stamps set to tangle with Riders

CFL. West semifinalists enter playoffs on two different trajectories

Jon Cornish and the Calgary Stampeders are heading into the CFL playoffs on a nice roll.

Calgary ended its regular season with a fourth straight victory, a 30-27 decision over the Edmonton Eskimos on Friday night. The Stampeders (12-6) had already clinched second in the West and the right to host the division semifinal Sunday, but will do so with the CFL's second-best record behind B.C. (13-5) after winning eight of 10 games since Sept. 3.

Calgary will host Saskatchewan in playoff action next weekend. The Riders (8-10) were one of two teams to beat the Stampeders down the stretch, registering a 30-25 victory on Sept. 23.

But while Calgary is the CFL's hottest team heading into the playoffs, the Riders are limping in, having lost four straight.

The Toronto Argonauts (9-9) will host Edmonton (7-11) in the East Division semifinal Sunday. The Argos finished second in the conference, while the Eskimos were last in the West but grabbed the crossover berth by posting a better record than the Hamilton Tiger-Cats and Winnipeg Blue Bombers (both 6-12).

Saskatchewan will also have to contend with a formidable Calgary ground attack anchored by Cornish.

The native of New Westminster, B.C., was the CFL's leading rusher this season with 1,457 yards and the first Canadian to be the league's top runner since Ottawa's Orville Lee in 1988. Cornish also surpassed the legendary Norm Kwong (1,437 yards in '56) as the top rushing Canuck in a season.

But Cornish is by no means the lone offensive weapon in Calgary's arsenal.

Veteran slotback Nik Lewis had a league-high 100 catches and was fourth overall in receiving yards with 1,241 and also had 10 touchdown grabs.

THE CANADIAN PRESS

By the numbers

50

Jon Cornish entered Friday's game against Edmonton needing just 50 yards to surpass Norm Kwong's mark. He ended up with 14 carries for 69 yards, finishing the regular season with 1,457 yards. In his four games against Edmonton this season, he accounted for more than 500 of those yards.

NFL. Rookie Martin's 4-TD day leads Bucs to victory

Doug Martin of the Tampa Bay Buccaneers rushes for a touchdown against the Oakland Raiders on Sunday in Oakland, Calif. EZRA SHAW/GETTY IMAGES

The Tampa Bay Buccaneers turned to big-play rookie Doug Martin to pull away in the second half, yet still needed one key defensive play to hold off the Oakland Raiders.

Martin rushed for a franchise-record 251 yards and four touchdowns and Ahmad Black intercepted a Carson Palmer pass after Oakland had cut an 18-point deficit to three late in the fourth quarter as the Bucs beat the Raiders 42-32 on Sunday.

Martin, who was born in Oakland and went to high school in nearby Stockton, had a memorable homecoming for the Bucs (4-4) by scoring on runs of 1, 45, 67 and 70 yards as he gashed what had been an improved run defence for the Raiders (3-5) the past few weeks.

Martin, the 31st pick in April out of Boise State, became the first back since at least 1940 to score on three TD runs of at least 45 yards in one game, according to STATS LLC.

He finished 45 yards shy of tying Adrian Peterson's single-game record of 296 set in his rookie season in 2007.

THE ASSOCIATED PRESS

NHL

Marathon talks offer hope for a lockout fix

The conversation is flowing again between the NHL and NHL Players' Association.

A marathon meeting between deputy commissioner Bill Daly and NHLPA special counsel Steve Fehr stretched from Saturday afternoon into the early hours of Sunday morning, and was followed by some encouraging news: The sides expect to return to the bargaining table again soon.

"We met on and off for most of the day and covered a lot of ground," Daly told The Canadian Press via email. "We plan to meet again early in the week."

Daly and Fehr got together at an undisclosed location in an effort to shield themselves from the media spotlight and start finding a way forward in negotiations. The session included "good, frank discussion on the most important issues separating us," according to Daly.

It represented a significant departure in protocol from the last few months, when the parties rarely sat down together for more than an hour or two at a time. The meeting was also unique because it included just the No. 2 men from the league and union, perhaps offering a harbinger of better times ahead (Daly and former NHLPA deputy Ted Saskin laid the groundwork for the deal that ended the 2004-05 lockout).

THE CANADIAN PRESS

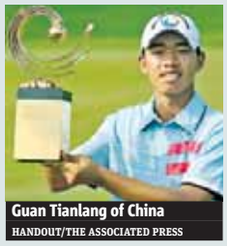
Golf

Teen Tianlang going to Masters

Guan Tianlang of China has won the Asia-Pacific Championship, making the 14-year-old the youngest player to qualify for the Masters.

The previous record was Matteo Manassero of Italy, who was about to turn 17 when he played in 2010.

THE ASSOCIATED PRESS



Guan Tianlang of China
HANDOUT/THE ASSOCIATED PRESS

Falcons quarterback Matt Ryan steps back in the pocket against the Cowboys at the Georgia Dome on Sunday night in Atlanta. KEVIN C. COX/GETTY IMAGES

Falcons keep record perfect vs. Cowboys

NFL. Atlanta moves to 8-0 on Turner's TD run, Bryant's four FGs

Week 9

Falcons	Cowboys
19	13

Michael Turner finally found some room to run in the second half. It was just in time for the NFL's last unbeaten team.

Turner had a tiebreaking three-yard touchdown run in the fourth quarter, Matt Bryant kicked four field goals and the Atlanta Falcons beat the Dallas Cowboys 19-13 on Sunday night to protect their perfect record.

Turner had 20 carries for 102 yards and Matt Ryan had a season-high 342 yards passing for the Falcons (8-0), who took their first lead with 14:16 left in the game.

Tony Romo completed six of six passes for 78 yards, including a 21-yard scoring pass to Kevin Ogletree, on the Cowboys' touchdown drive later in the fourth.

The Falcons then worked the clock, holding the ball for five minutes, four seconds, leaving only 17 seconds after Bryant's 32-yard field goal.

The Cowboys burned all their timeouts as Ryan kept the Falcons' offence on the field in the crucial time-consuming drive. Ryan passed to Jacquizz Rodgers for 31 yards and 11 yards on third-down plays. A defensive holding call against cornerback Orlando Scandrick on another third down prolonged the possession.

Finally, the Cowboys stopped Turner on a third-down run at the Dallas 14.

Romo never attempted a deep pass, though he had only 17 seconds to cover 80 yards. He found Jason Witten for passes of seven and 11 yards, leaving nine seconds. He passed to Felix Jones for eight yards, leaving time for one play from the Cowboys 40.

Romo scrambled before passing to Jones, who was dropped near the Atlanta 22 to end the game.

Romo completed 25 of 35 passes for 321 yards and one touchdown.

THE ASSOCIATED PRESS

NBA

Pistons cure Lakers' ailing offence

Dwight Howard scored 28 points, Kobe Bryant had 15 points and eight assists and the Los Angeles Lakers finally got their first victory of the season, 108-79 over the winless Detroit Pistons on Sunday night.

Metta World Peace scored 18 points and Pau Gasol added 14 for the Lakers, who went 0-8 in the pre-season and started the regular season 0-3 for just the fourth time in franchise history despite adding Howard and Steve Nash over the summer.

The Lakers' growing worries about their new offence and their roster's durability vanished for a day against the struggling Pistons, who never led.

Jonas Jerebko scored 18 points for Detroit in the second stop on a difficult six-game road trip.

Los Angeles took a 28-point lead in the first half and stretched it to 36 points in the third quarter, with Howard dominating the paint and Bryant slipping easily into a playmaking role in the injured Nash's absence.

THE ASSOCIATED PRESS

NBA. Raptors rack up win No. 1 vs. Timberwolves

Raptors forward Amir Johnson rattles home a dunk on Sunday in Toronto. TORSTAR NEWS SERVICE

Kyle Lowry and DeMar DeRozan each scored 22 points, Alan Anderson had 18 and the Toronto Raptors earned their first victory of the season Sunday night, beating the Minnesota Timberwolves 105-86.

Andrea Bargnani scored 10 points as the Raptors extended Minnesota's miserable record against Toronto. The Raptors have won 15 of the past 16 meetings, including nine straight at home. Minnesota has not won in Toronto since Jan. 21, 2004.

Andrei Kirilenko scored 17 points and Nikola Pekovic had 15 for the Timberwolves, who were outscored 26-13 in the fourth quarter, making just four of 16 field-goal attempts.

Derrick Williams had nine points and eight rebounds for Minnesota, which is without injured forward Kevin Love (broken hand) and guard Ricky Rubio (left knee).

Winless in two games coming in, Toronto was playing for the second straight night. The Raptors lost 107-100 at Brooklyn on Saturday night, the Nets' first game in their new home.

The Raptors scored 27 points off of 16 Minnesota turnovers in the first half, and got seven points from Lowry in a 12-4 run over the final 3:10 of the second quarter to open a 56-47 lead at the intermission.

The Timberwolves took better care of the ball in the third quarter, committing just three turnovers and cutting the deficit to 79-73 heading into the fourth. Kirilenko scored seven points in the third and Pekovic had six.

Landry Fields opened the fourth with a dunk and Toronto scored nine of the first 12 points of the quarter, opening an 88-76 lead on Anderson's three-pointer with 8:47 left.

THE ASSOCIATED PRESS

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SOCCER

MLS

PLAYOFFS
Semifinals
(Two-game total goals)
EASTERN CONFERENCE
Houston 2 Kansas City 0
(Houston leads series 1-0)
WESTERN CONFERENCE
(San Jose leads series 1-0)
San Jose 1 Los Angeles 0

ENGLAND

PREMIER LEAGUE

Sunday's results
Queens Park Rangers 1 Reading 1
Liverpool 1 Newcastle 1

FRANCE

LIGUE 1

Sunday's results
Ajaccio 0 Marseille 2
Lyon 5 Bastia 2
Bordeaux 1 Toulouse 0

GERMANY

BUNDESLIGA

Sunday's results
Bayer Leverkusen 3 Fortuna Duesseldorf 2
Werder Bremen 2 Mainz 1

GREECE

Sunday's results
Xanthi 1 Levadiakos 0
Asteras 2 Giannena 0
Panionios 1 PAOK 2
Panathinaikos 1 AEK Athens 0

ITALY

SERIE A

Sunday's results
Pescara 2 Parma 0
Bologna 1 Udinese 1
Catania 4 Lazio 0
Fiorentina 4 Cagliari 1
Napoli 1 Torino 1
Sampdoria 1 Atalanta 2
Siena 1 Genoa 0
Roma 4 Palermo 1

PORTUGAL

Sunday's results
Setubal 2 Sporting Lisbon 1
Academica 0 Estoril 2
Pacos Ferreira 0 Olhanense 0
Moreirense 0 Rio Ave 1
Nacional 2 Beira Mar 4

SPAIN

PRIMERA

Sunday's results
Real Sociedad 0 Espanyol 1
Deportivo La Coruna 1 Mallorca 0
Osasuna 0 Valladolid 1
Granada 1 Athletic Bilbao 2
Sevilla 0 Levante 0

TENNIS

WTA

QATAR AIRWAYS TOURNAMENT OF CHAMPIONS

At Sofia, Bulgaria
Championship
Nadia Petrova (2), Russia, def. Caroline Wozniacki, (1) Denmark, 6-2, 6-1.

ATP

WORLD TOUR BNP PARIBAS MASTERS

At Paris
Singles
Championship
David Ferrer (4), Spain, def. Jerzy Janowicz, Poland, 6-4, 6-3.
Doubles
Championship
Mahesh Bhupathi and Rohan Bopanna (5), India, def. Aisam-Ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (7), Netherlands, 7-6 (6), 6-3.

GOLF

WORLD GOLF CHAMPIONSIPS

HSBC CHAMPIONS

At Shenzhen, China
Par 72
Final round

Ian Poulter, $1,200,000	69-68-65-65—267
Jason Dufner, $417,500	68-66-71-64—269
Scott Piercy, $417,500	68-68-68-65—269
Ernie Els, $417,500	70-63-69-67—269
Phil Mickelson, $417,500	66-69-66-68—269
Louis Oosthuizen, $190,000	65-63-70-72—270
Lee Westwood, $190,000	70-67-61-72—270
Adam Scott, $155,000	65-68-71-67—271
Martin Kaymer, $140,000	68-69-67-68—272
Bill Haas, $125,000	69-67-66-71—273
Hiroyuki Fujita, $98,000	73-67-67-67—274
Marcel Siem, $98,000	71-70-66-67—274
Thorbjorn Olesen, $98,000	71-65-70-68—274
Prom Meesawat, $98,000	67-70-69-68—274
Brandt Snedeker, $98,000	72-71-60-71—274
Nick Watney, $80,500	72-72-69-62—275
Carl Pettersson, $80,500	70-68-66-71—275
Marc Leishman, $75,000	73-68-65-70—276
Luke Donald, $75,000	68-68-69-71—276
Gaganjeet Bhullar, $75,000	73-68-63-72—276
Thomas Bjorn, $70,000	72-70-68-67—277
Thongchai Jaidee, $70,000	70-68-69-70—277
Keegan Bradley, $67,000	71-68-68-71—278
Wenchong Liang, $62,250	72-73-66-68—279
Scott Hend, $62,250	70-74-67-68—279
Peter Hanson, $62,250	66-71-73-69—279
Justin Rose, $62,250	72-70-67-70—279
John Senden, $57,500	72-70-70-68—280
Bernd Wiesberger, $57,500	72-72-68-68—280
Thomas Aiken, $57,500	68-73-69-70—280
Gonzalo Fdez-Castano, $57,500	71-67-69-73—280
Shane Lowry, $55,000	66-68-72-75—281
Bubba Watson, $54,000	66-72-69-75—282
Tadahiro Takayama, $52,500	73-69-70-71—283
Ik-Jae Jang, $52,500	68-71-72-72—283
Paul Lawrie, $50,000	69-71-72-72—284
Joost Luiten, $50,000	72-72-68-72—284
Ashun Wu, $50,000	68-70-71-75—284
Thaworn Wiratchant, $47,000	72-70-70-73—285
Francesco Molinari, $47,000	74-69-74-68—285
Dustin Johnson, $47,000	67-68-84-66—285
Julien Quesne, $43,500	71-71-71-73—286
Graeme McDowell, $43,500	71-75-68-72—286
Marcus Fraser, $43,500	73-72-70-71—286
Jamie Donaldson, $43,500	71-74-71-70—286
Brendan Jones, $40,000	74-69-70-74—287

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Milwaukee	2	0	1.000	—
d-New York	2	0	1.000	—
d-Orlando	2	0	1.000	—
Brooklyn	1	0	1.000	½
Chicago	2	1	.667	½
Indiana	2	1	.667	½
Miami	2	1	.667	½
Charlotte	1	1	.500	1
Philadelphia	1	1	.500	1
Boston	1	2	.333	1½
Cleveland	1	2	.333	1½
Toronto	1	2	.333	1½
Atlanta	0	1	.000	1½
Detroit	0	2	.000	2
Washington	0	2	.000	2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	3	0	1.000	—
d-Golden State	2	1	.667	1
d-Portland	2	1	.667	1
L.A. Clippers	2	1	.667	1
Dallas	2	1	.667	1
Houston	2	1	.667	1
New Orleans	2	1	.667	1
Memphis	1	1	.500	1½
Minnesota	1	1	.500	1½
Oklahoma City	1	1	.500	1½
Phoenix	1	2	.333	2
Utah	1	2	.333	2
Denver	0	3	.000	3
L.A. Lakers	0	3	.000	3
Sacramento	0	3	.000	3

d-division leader
Sunday's results
New York 100, Philadelphia 84
Orlando 115, Phoenix 94
Toronto 105, Minnesota 86
Atlanta at Oklahoma City
Detroit at L.A. Lakers
Saturday's results
Indiana 106, Sacramento 98,2OT
Boston 89, Washington 86
Brooklyn 107, Toronto 100
Miami 119, Denver 116
New Orleans 89, Chicago 82
Portland 95, Houston 85, OT
Dallas 126, Charlotte 99
San Antonio 110, Utah 100
Milwaukee 105, Cleveland 102
Golden State 114, L.A. Clippers 110
Monday's games
New York at Philadelphia, 7 p.m.
Minnesota at Brooklyn, 7:30 p.m.
Phoenix at Miami, 7:30 p.m.
Utah at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Indiana at San Antonio, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Cleveland at L.A. Clippers, 10:30 p.m.
Tuesday's games
Orlando at Chicago, 8 p.m.
Toronto at Oklahoma City, 8 p.m.
Detroit at Denver, 9 p.m.

RAPTORS 105, T-WOLVES 86

MINNESOTA (86)
Kirilenko 6-7 4-5 17, Williams 3-7 2-4 9, Pekovic 6-11 3-4 15, Ridnour 3-5 2-2 8, Roy 0-3 4-4 4, Shved 2-6 3-4 8, Budinger 3-5 1-2 9, Cunningham 2-7 0-0 4, Barea 3-5 2-2 9, Stiemsma 1-3 0-0 2, Conroy 0-4 0-0 0, Amundson 0-1 1-4 1, Lee 0-0 0-0 0. Totals 29-64 22-31 86.
TORONTO (105)
Fields 2-4 1-1 5, Bargnani 4-16 0-0 10, Valanciunas 2-8 0-0 4, Lowry 8-10 4-4 22, DeRozan 8-14 5-6 22, Ross 1-4 0-0 2, Johnson 3-7 3-4 9, Davis 3-7 0-0 6, Calderon 3-5 0-0 7, Anderson 6-14 2-2 18, Lucas 0-1 0-0 0, McGuire 0-0 0-0 0. Totals 40-90 15-17 105.

Minnesota	24	23	26	13	86
Toronto	25	31	23	26	105

3-Point Goals—Minnesota 6-16 (Budinger 2-3, Williams 1-1, Kirilenko 1-1, Barea 1-3, Shved 1-4, Conroy 0-1, Roy 0-1, Ridnour 0-2), Toronto 10-21 (Anderson 4-8, Lowry 2-3, Bargnani 2-4, Calderon 1-2, DeRozan 1-2, Lucas 0-1, Ross 0-1). Fouled Out—None. Rebounds—Minnesota 49 (Williams 8), Toronto 47 (Lowry, Davis, DeRozan 7). Assists—Minnesota 18 (Ridnour 5), Toronto 18 (Lowry 5). Total Fouls—Minnesota 17, Toronto 24. Technicals—Ridnour, Minnesota defensive three second, Toronto defensive three second. A—16,754 (19,800).

SATURDAY

NETS 107, RAPTORS 100

TORONTO (100)
Fields 1-4 0-0 2, Bargnani 6-12 0-0 13, Valanciunas 1-4 0-0 2, Lowry 9-19 6-7 28, DeRozan 8-13 8-10 25, A.Johnson 5-8 1-2 11, Calderon 1-5 0-0 2, McGuire 0-0 0-0 0, Davis 4-7 3-4 11, Anderson 1-4 0-0 3, Gray 1-2 1-2 3, Lucas 0-4 0-0 0. Totals 37-82 19-25 100.
BROOKLYN (107)
Wallace 4-8 1-2 10, Humphries 1-5 3-4 5, Lopez 8-17 11-15 27, Williams 6-14 6-8 19, J.Johnson 5-13 3-4 14, Watson 6-9 0-0 15, Blatche 3-8 1-2 7, Evans 1-2 0-0 2, Brooks 3-5 2-2 8, Bogans 0-0 0-0 0. Totals 37-81 27-37 107.

Toronto	**35**	**17**	**26**	**22**	**100**
Brooklyn		27	33	24	23	107

3-Point Goals—Toronto 7-18 (Lowry 4-10, Bargnani 1-1, Anderson 1-2, DeRozan 1-2, Lucas 0-1, Calderon 0-2), Brooklyn 6-15 (Watson 3-4, J.Johnson 1-2, Wallace 1-3, Williams 1-5, Blatche 0-1). Fouled Out—None. Rebounds—Toronto 46 (Lowry 8), Brooklyn 59 (Evans 13). Assists—Toronto 23 (Lowry 8), Brooklyn 20 (Williams 9). Total Fouls—Toronto 31, Brooklyn 19. Technicals—Toronto Bench, Brooklyn defensive three second. A—17,732 (18,103).

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	18	11	7	0	478	489	22
x-Toronto	18	9	9	0	445	491	18
Winnipeg	18	6	12	0	376	531	12
Hamilton	18	6	12	0	538	576	12

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-B.C.	18	13	5	0	479	354	26
x-Calgary	18	12	6	0	535	430	24
x-Saskatchewan	18	8	10	0	457	409	16
x-Edmonton	18	7	11	0	422	450	14

x — clinched playoff berth.
y — clinched division.
WEEK 19
Saturday's results
B.C. 17 Saskatchewan 6
Winnipeg 19 Montreal 11
Friday's result
Calgary 30 Edmonton 27
Thursday's result
Toronto 43 Hamilton 40
END OF 2012 CFL REGULAR SEASON

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	5	3	0	.625	262	170
Miami	4	4	0	.500	170	149
N.Y. Jets	3	5	0	.375	168	200
Buffalo	3	5	0	.375	180	248

SOUTH

	W	L	T	Pct	PF	PA
Houston	7	1	0	.875	237	137
Indianapolis	5	3	0	.625	159	191
Tennessee	3	6	0	.333	182	308
Jacksonville	1	7	0	.125	117	219

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	199	176
Pittsburgh	5	3	0	.625	191	164
Cincinnati	3	5	0	.375	189	218
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	5	3	0	.625	235	175
San Diego	4	4	0	.500	185	157
Oakland	3	5	0	.375	171	229
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	254	185
Philadelphia	3	4	0	.429	120	155
Dallas	3	5	0	.375	150	181
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	0	0	1.000	220	143
Tampa Bay	4	4	0	.500	226	185
New Orleans	2	5	0	.286	190	216
Carolina	2	6	0	.250	149	180

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	1	0	.875	236	120
Green Bay	6	3	0	.667	239	187
Minnesota	5	4	0	.556	204	197
Detroit	4	4	0	.500	192	188

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	0	.750	189	103
Seattle	5	4	0	.556	170	154
Arizona	4	5	0	.444	144	173
St. Louis	3	5	0	.375	137	186

Byes: New England, N.Y. Jets, St. Louis, San Francisco
WEEK NINE
Sunday's results
Green Bay 31 Arizona 17
Chicago 51 Tennessee 20
Houston 21 Buffalo 9
Carolina 21 Washington 13
Detroit 31 Jacksonville 14
Denver 31 Cincinnati 23
Baltimore 25 Cleveland 15
Indianapolis 23 Miami 20
Seattle 30 Minnesota 20
Tampa Bay 42 Oakland 32
Pittsburgh 24 N.Y. Giants 20
Atlanta 19, Dallas 13
Thursday's result
San Diego 31 Kansas City 13
Monday's game
Philadelphia at New Orleans, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Manchester	8	5	2	0	1	23	15	11
Worcester	10	4	4	1	1	28	34	10
St. John's	11	5	6	0	0	26	36	10
Portland	8	4	3	1	0	34	29	9
Providence	8	3	5	0	0	18	23	6

NORTHEAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Springfield	9	6	1	0	2	33	17	14
Bridgeport	8	5	3	0	0	28	29	10
Connecticut	9	4	4	1	0	31	37	9
Adirondack	9	4	5	0	0	25	30	8
Albany	8	2	5	0	1	15	22	5

EAST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Norfolk	8	6	2	0	0	33	21	12
Syracuse	8	5	1	1	1	29	26	12
Hershey	9	4	4	1	0	28	29	9
Binghamton	9	4	4	1	0	22	30	9
W-B/Scranton	9	4	5	0	0	25	23	8

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Abbotsford	9	6	1	0	2	32	18	14
Lake Erie	11	7	4	0	0	39	30	14
Rochester	10	6	3	1	0	41	35	13
Hamilton	8	4	2	1	1	21	26	10
Toronto	8	3	4	0	1	19	24	7

MIDWEST DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Chicago	10	6	3	1	0	28	29	13
Rockford	10	5	4	0	1	31	33	11
Grand Rapids	10	4	4	1	1	34	34	10
Milwaukee	9	4	5	0	0	21	24	8
Peoria	9	2	5	1	1	13	31	6

SOUTH DIVISION

	GP	W	L	OT	SOL	GF	GA	Pt
Charlotte	10	7	2	0	1	40	24	15
Houston	10	5	3	1	1	35	28	12
Okla. City	10	5	4	0	1	31	31	11
San Antonio	9	4	4	0	1	19	22	9
Texas	8	3	5	0	0	17	29	6

Sunday's results
Providence 3 St. John's 0
Charlotte 4 Chicago 1
Wilkes-Barre/Scranton 5 Bridgeport 3
Worcester 1 Manchester 0 (SO)
Grand Rapids 2 Houston 1 (SO)
San Antonio 2 Oklahoma City 0
Springfield 10 Connecticut 2
Saturday's results
Hamilton 4 Rochester 3
St. John's 3 Worcester 2 (OT)
Adirondack 4 Albany 0
Bridgeport 3 Hershey 2
Grand Rapids 4 Texas 1
Houston 4 Oklahoma City 3 (SO)
Milwaukee 3 Peoria 0
Norfolk 4 Binghamton 2
Rockford 6 Lake Erie 3
Monday's games
No Games Scheduled.
Tuesday's games
Chicago at Charlotte, 7 p.m.
Wednesday's games
Norfolk at Bridgeport, 11 a.m.
Milwaukee at Grand Rapids, 11 a.m.
St. John's at Manchester, 7 p.m.
Binghamton at Wilkes-Barre/Scranton, 7:05 p.m.
Syracuse at Hamilton, 7:30 p.m.
Thursday's games
Peoria at Charlotte, 7 p.m.
Toronto at Houston, 8:05 p.m.

Horoscopes

Aries
March 21 - April 20
Someone will introduce you to a new idea today and while it may be a bit uncomfortable you will benefit intellectually. But don't get too radical in your thinking: the answers you seek are mainly in the middle ground.

Taurus
April 21 - May 21
Unexpected developments will throw up new challenges and opportunities over the next few days. Are you ready for them? Are you willing to adapt? Only those who know how to think and act fast will gain in the long-term.

Gemini
May 22 - June 21
Your ability to visualize what it is you want to accomplish will make things easy for you this coming week. Others may say you are chasing rainbows, and maybe you are, but at least you have a dream of some sort.

Cancer
June 22 - July 23
Although you may want to comfort someone who has a whole load of personal problems don't make it look as if you condone their negative behavior. Overall, they have only themselves to blame. Sad but true.

Leo
July 24 - Aug. 23
If you don't ask you won't get, so speak up and let others know what it is you want from them. Their response may not be entirely positive but it won't be entirely negative either. You'll get something at least.

Virgo
Aug. 24 - Sept. 23
The planets warn there is still a lot of work to be done to get from where you are now to where you most want to be. The good news is you have a clearly defined goal and can start working towards it.

Libra
Sept. 24 - Oct. 23
You won't be short of ideas and you won't be short of opinions. The one thing you may be short of is the ability to see that not everyone thinks the same way as you. What happened to your Libra sense of balance?

Scorpio
Oct. 24 - Nov. 22
Try not to lapse into negative patterns of behavior, especially where money matters are concerned. If you think you are going to lose out in some way your thoughts will create circumstances that are likely to make it happen.

Sagittarius
Nov. 23 - Dec. 21
Some people seem to think that your main task in life is to look after them. It's about time you let them know it isn't true. Cut off assistance today and let them fend for themselves. In the long-term it will do them good.

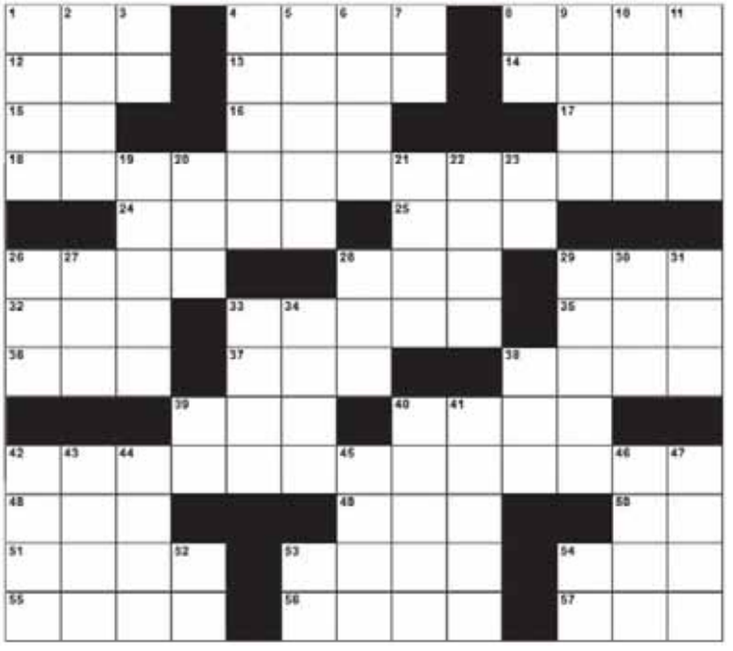
Capricorn
Dec. 22 - Jan. 20
Differences of opinion on the work front need to be resolved this week. Colleagues and employers are ready to talk business but are reluctant to make the first move. Fortunately you're much braver than they are.

Aquarius
Jan. 21 - Feb. 19
If you can get away at short notice this is a good time to travel, but if you are stuck in one place there are other ways you can make life interesting. Use your imagination. What you think today you'll be doing tomorrow.

Pisces
Feb. 20 - March 20
You seem to believe that someone is plotting against you. Common sense should tell you there is nothing to fear
SALLY BROMPTON

Canadian Crossword

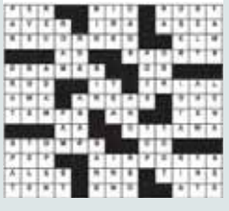
BY BETTY MARTIN



Across
1. Football official
4. Dick and Jane's dog
8. Leave out
12. Appendage
13. Docile
14. Arson
15. Circle ratio
16. Actress Gardner
17. Negative vote
18. Flighty fellows
24. Enemies
25. Chat room access provider
26. Construction area
28. Many thousand (abbr.)
29. Form of address
32. High card
33. Hillock
35. Afternoon social
36. Actor James Van – Beek
37. Three, in Rome
38. Quiet!
39. Possess
40. College official
42. Insatiable Sesame Street character (2 words)
48. Decide on
49. Picnic pest
50. Egyptian Sun God
51. Den
53. Fragrance
54. Brand name for pens
55. As well as
56. Extremely
57. — Haw

Down
1. Knocks sharply
2. Actor McCormack
3. Radio dial
4. Avow
5. Re-tars the road
6. Actor Epps of House, M.D.
7. — Deum
8. "East – Eden"
9. Skirt length
10. Neighbour of Iraq
11. Golf gadgets
19. Comes up next
20. Digit
21. Remove water
22. Dinner accompaniment
23. Actor Pacino
26. Dismal
27. Keeps drinks cold
28. Me, to Miss Piggy
29. Dangerous feat
30. Plural ending
31. Cheer
33. New Zealand fruit
34. Star Trek: Deep Space —
38. This Hour — 22 Minutes
39. Give the go-ahead
40. Blood giver
41. Access
42. Type of pop
43. October birthstone
44. Elevator maker
45. Erected
46. Great lake bordering Lake Ontario
47. The Amazing —
52. Former co-host of The View (init.)
53. Ottawa valley (abbr.)
54. Old time "Road to...." actor (init.)

Yesterday's Crossword



What's online

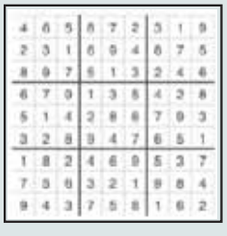
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2		4		7		5		6
			4			3	8	1
			9	6				5
7			3		8			9
1				5	2			
8	6	3			4			
4		5		9		1		2

Yesterday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 10° MIN: -1°	MAX: 1° MIN: -8°	MAX: 1 MIN: -15°

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